



Location: 36 South Main St.  
Hours of Operation: M - F 8 AM - 4 PM  
Phone: (508) 278- 8622

# THE SILVER CENTER NEWS

## UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[facebook.com/UxbridgeMASeniorCenter](https://facebook.com/UxbridgeMASeniorCenter)  
[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)

June



Marsha Petrillo - Director  
Donna Oncay - Admin Assistant  
Lynne McPherson - Head Chef  
Gail Boutiette - Outreach Coordinator

The greatest gift I ever had came from God; I call him Dad!



**C**onstruction of the new fire department will be starting. The parking lot across the street, the old Post Office building, will no longer be available. We have a limited number of parking spots available at the center. During special events, we encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and also at Savers Bank. **If you have any questions about parking, please don't hesitate to call the senior center.**

Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 am each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu. ♦



### Massachusetts Bar Association's 2016 Elder Law Presentation – Thursday, June 16, – 6:00 PM – 7:00

**PM.** Uxbridge Senior Center is hosting it's First MassBar Association's 2016 Elder Law Program. Speaker will be Attorney Timothy B. Borchers. The event is part of the statewide Elder Law Education Program presented by the MBA. It corresponds with the release of the revised and expanded 2016 edition of "Taking Control of Your Future: A Legal Checkup," a resource guide. A limited supply will be available at the senior center and online at the MBA's companion website, [MassLawHelp.com](http://MassLawHelp.com). Among the topics discussed at events throughout the commonwealth this year are Aid and Attendance Veterans' Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes and alternatives to nursing home care. ♦



### LUNCH & LEARN with POLICE CHIEF LOURIE- Friday, June 3 -

11:30 AM – 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Guest speaker will be Ann-Margaret Thomas, Uxbridge Library Director. She will talk about the "Homebound Delivery Service" Program and other programs offered by the library. Seating is limited so please be sure to call ahead to reserve your spot for this lunch. Please remember that there will be construction and parking is no longer available across the street. We have a limited number of parking spots available at the center. We encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and also at Savers Bank. We will all need to be patient during this construction and work together. If you have any questions about parking, please don't hesitate to call the senior center. Uxbridge Community Television will film this event and it will be aired on local cable access. We are thankful to be working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these events. ♦

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Lunch Menu. [www.uxbridge-ma.gov/coa](http://www.uxbridge-ma.gov/coa)
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

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## 11<sup>th</sup> Annual Golf Tournament - Saturday, June 11 @ 1:00 PM at Crystal Lake Golf Course.



The Uxbridge Elderly Connection Inc., in conjunction with the Uxbridge Senior Center will host it's 11th Annual Uxbridge Senior Center Golf Outing at the Crystal Lake Golf Course in Burrillville, R.I. with Shotgun or Florida style format. Special challenges will be offered, such as a \$1,000 prize for a hole in one on a par 3 and competition for longest drive. Make plans to join us for this Special Event. Prices have remained at \$700 for a full sponsorship, \$520 for a team, or \$130 for an individual. This includes cart, gift and dinner. A tee sign to be displayed on a green may be purchased for \$100.

The contacts for the outing are Peter DiBattista at 508-243-5666, Pete Petrillo at 508-326-4328 and Russ Rosborough at 508-278-6672. Contact Cathy Thornton at 508-278-4517 to make a do-

nation, provide a gift for raffle, or to purchase a buffet only ticket for \$30. Uxbridge Elderly Connection Board of Directors and Council on Aging are inviting golfers and non-golfers to a terrific annual event which gets better with age! This Elderly Connection fundraiser helps the Senior Center by providing funds for special programs and other needs not covered by the budget. ♦

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## SENIOR CENTER WISH LIST

**W**e welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

We also continue to need in kind donations of thank you & get well cards, paper towels, and plastic 8 oz cups.



One can donate directly to the center at 36 S. Main Street or on-line via the town's web page. Every donation helps and comes enormously appreciated!

Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page or by googling Uxbridge Senior Center, or even dropping by. ♦

### Shopping Trips

Hannaford grocery shopping every Tuesday- Pick up begins at 1:00 PM. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.

Walmart shopping – 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month - Pick up begins at 12:30 PM. Please sign up in advance for Walmart shopping by calling us at 508 278-8622 to reserve your seat on the bus. ♦

Reminder.... If you have purchased the Hannaford Helps Reusable Bags, they will scan them as you check out and a donation of .25 cents will be made towards the senior center's daily meal program. Thank you for your participation! ♦



### LUNCH & LEARN

*meet. eat. discover.*

Lunch and Learn with House of Elder Affairs - Friday, **June 17**, – 11:30 – 12:30 PM. House of Elder Affairs Chair **Denise Garlick** will talk about the impact of the Boomers on the elder care continuum. Representative Kevin Kuros will be here to introduce Denise. Please come join us for this informational lunch and learn. ♦

### FATHER'S DAY

day,  
come join us



**Father's Day Celebration** – Monday, **June 20** – 11:30 – 12:30 – Please join us for our special Father's Day Celebration which is being hosted by

**Kim Livingston**, Director of Salmon Adult Day Health in Northbridge. Be sure to call ahead to reserve your lunch as seating is limited. ♦



**DR. MICHAEL BIANCAMANO** – The foot doctor will be at the Senior Center Monday morning, **June 27**. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Please let us know if you require transportation to the podiatry clinic. ♦



**ASK THE NURSE** – Tuesday, June 28 – 11:30 AM – 12:30 PM. Salmon Health VNA will be available for the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. Salmon Health nurse, **Janet Iocabelli** will be at the senior center every fourth Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



**4<sup>th</sup> Of July Celebration** – Thursday, June 30, 2016 – 11:30 am – 12:30 pm. Our 4<sup>th</sup> of July Celebration will be at West Hill Park under the pavilion this year! The address is 23 W. Hill Rd, Northbridge, MA. We will have this event rain or shine. Be sure to call and let us know if you can join us for this outdoor BBQ! ♦



**THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DAYS: FRIDAY, JULY 1 AND MONDAY JULY 4. IN OBSERVANCE OF INDEPENDENCE DAY. NO LUNCHESES WILL BE SERVED.** ♦

**NAVICARE** - Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual. ♦

## Veteran Services Office

is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

**T**he Uxbridge Council on Aging tries to make as much information available to our community's senior citizens as possible. Come in and see what's available tacked on the walls and cork boards. Then there's the COA's Facebook page. Gail has done a stellar job of putting that together. To visit our Facebook account, go to

[facebook.com/UxbridgeMASeniorCenter](https://facebook.com/UxbridgeMASeniorCenter)

on your computer, tablet, or phone.

Then there's the COA's web page. You can get there by going to

[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)

again on your computer at home, or your tablet, or even on your phone.

One last thing. In addition to the above, the Senior Center has numerous programs every month tailored just for us seniors. Come in and take advantage of all that's available to you. The Town, State, and Federal Government offers lots of stuff. Get involved, be informed. ♦

### ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

Numbers below represent people served in

**APRIL 2016**



<b>Telephone Calls</b>	<b>1,231</b>
<b>Meals Served</b>	<b>537</b>
<b>Daily Visitors</b>	<b>742</b>
<b>Medical Runs (Round Trips)</b>	<b>99</b>
<b>Computer Classes</b>	<b>9</b>
<b>Hannaford Shopping (Round Trips)</b>	<b>25</b>
<b>SMOC Fuel Assistance</b>	<b>1</b>
<b>Walmart Shopping (Round Trips)</b>	<b>4</b>
<b>Lunch Pick Up</b>	<b>188</b>
<b>Tax Appointments</b>	<b>23</b>





**NOTICE:** The Senior Center drivers are not Emergency Responders and therefore are limited in what they can do. Please don't ask them to do something they're not trained to do.

*Thank you!*

D.J. Salmon Lawn & Landscape for donating loom for our Patio Project. We also wish to thank Selectman Lance Anderson for his help and support of our project. ♦

## UXBRIDGE SENIOR ACADEMY

The following courses are being offered right now by the Uxbridge Senior Academy! There are still openings so please feel free to call and sign up.

- \*Greeting card box craft
- \*Various aspects of First Aide
- \*Finding your family roots (Genealogy)
- \*English as a second language
- \*Photography - There will be another session starting up shortly.



Please let us know if there is anything else that you would like to see offered and we can work on putting a class together!

If you would like to sign up or if you have any questions, please feel free to contact Cathy Thornton. Contact her through the Senior Center at (508) 278-8622. Leave your name and phone # and Cathy will call you back. ♦

### A DIFFERENCE WITHOUT A DISTINCTION

It was a Pennsylvania German farmer's wife who having baked a large number of very fine pies, some mince and some apple, marked the crust of each with two letters—T. M. Being asked by a neighbor what these letters stood for, she said:

"Vy, T. M. on this pie means 'Tis mince,' and on that pie it means 'Tain't mince.'"



**NOTICE:** Representative Kevin Kuros will be holding Office Hours at the Uxbridge Senior Center on Monday, **June 6** from 11:00 am - 12:00 PM. Please feel free to stop in and speak to your local Rep. ♦



**A**n 80-year-old couple is having trouble remembering things, so they go to the doctor to make sure there's nothing wrong. After an exam, the doctor says, "You're physically okay, but you guys might want to start writing notes to help you remember things."

That night they're watching TV when the old man gets up from his chair. His wife asks, "Where are you going?"

He says, "I'm going to the kitchen to get a glass of water."

She says, "Will you get me some Vanilla ice cream?"

He says, "All right."

She says, "Don't you think you should write it down?"

He says, "I don't have to write it down. Vanilla ice cream."

She says, "And could I have strawberries and whipped cream?"

He says, "All right."

She says, "Don't you think you should write it down?"

He says, "I don't have to write it down. Vanilla ice cream with strawberries and whipped cream."

Twenty minutes later he walks in and hands her a plate of bacon and eggs.

She says, "You forgot my toast."

Live well  
Laugh often  
Love much  
and Donate Life 

**THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING BUS TRIPS FOR 2016:**



**Thursday, July 28, 2016 - My Fair Lady at Interlakes Theatre. Lunch included at Hart's Turkey Farm. Meredith, NH - \$74**

**Monday, August 15, 2016 - Casco Bay Cruise – 2 hours to spend on Bailey's Island w/lunch at Cook's Lobster House. Portland, ME - Bailey's Island - \$92**

**Tuesday, September 13, 2016 – Lake Winnepesaukee Cruise w/Buffer on boat. There will be a stop in Wolfeboro included! - \$72**

**Friday, September 30, 2016 – Day trip to Vermont for foliage viewing w/lunch - \$85**

**Monday, October 3 – October 12, 2016 - 10 Days – Scotland – Please Call Pam at 508-476-4474 for information.**

**Sunday, November 6 – Tuesday, November 8, 2016 - Villa Roma, all-inclusive – \$369**

**Monday – Wednesday November 28 – 30, 2016 - White Mountain Hotel, North Conway - \$439**

**Wednesday, December 7, 2016 - Newport Playhouse "Nana's Naughty Knickers" - \$75**

**Saturday – Monday December 10, 11, & 12, 2016 – NYC at Christmas with 9/11 Museum - \$339**

If you've always loved "My Fair Lady", join the Sunshine Club on the bus trip to Meredith, NH on Thursday, July 28th. The musical will be performed at the Interlakes Theatre, a great summer theatre! There will be lunch first at Hart's Turkey Farm with a choice of turkey dinner, roast sirloin or broiled haddock. Everything is included for \$74. The boat cruise trips are filling up fast. Don't wait if you're interested in going!

Call Sue at 508-476-5820 for more information on any of these trips. Flyers are available on the Douglas Senior Center Website – [www.douglasma.org](http://www.douglasma.org) and click on "Boards and committees" at the top of page, then "Council On Aging" and on left sidebar, "Sunshine Club/Trips" Also the Diamond Tours Website: [www.grouptrips.com/sunshineclub](http://www.grouptrips.com/sunshineclub) has information on the Niagara Falls trip and the NYC trip w/flyers, videos, insurance info and more. ♦

*That's all Folks!*



# NEWS FROM SHINE FOR JUNE 2016

## STAYING HEALTHY WITH NO COST MEDICARE

### Preventative Benefits

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An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling



There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the Internet at [shinema.org](http://shinema.org) ♦

### "SHINE'S MEDICARE AND MORE" PROGRAM"

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it. ♦

### "CENTRAL MASS SHINE WEBSITE"

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs. We also have a link to our very informative cable TV program Medicare and More. ♦



We wish to thank Steven Wickstrom for his years of teaching computer classes at the senior center. Good luck to Steven who is graduating from Nipmuc Regional High School and will be attending Stonehill College this fall. Best of luck on this next chapter of his life! ♦



UXBRIDGE SENIOR CENTER

Lunch Menu

36 South Main Street, Uxbridge, MA 01569

(508) 278-8622



JUNE 2016



Marsha Petrillo - Director

Lynne McPherson – Chef

Pete Waeger – Van Driver

Donna Oncay – Transportation Coordinator

Gail Boutiette – Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
**ALL MEALS ARE SERVED WITH MILK OR WATER ***MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		1. CHICKEN ROMANO W/PENNE AND MARINARA GARDEN SALAD SUGAR FREE PUDDING	2. BEEF STEW W/BISCUIT GARDEN SALAD FRESH FRUIT	3. BAKED FISH ROASTED SWEET POTATOES ITALIAN MIXED VEGETABLE SUGAR FREE ICE CREAM
6. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD PEACHES AND CREAM	7. SHEPHERDS PIE GREEN BEANS SUGAR FREE JELLO	8. ROASTED CHICKEN MASHED POTATOES SUMMER SQUASH ICE CREAM SANDWICH	9. SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES FRESH FRUIT	10. BAKED FISH RICE PILAF BROCCOLI SUGAR FREE PIE
13. EGGPLANT-VEGETABLE LASAGNA GARDEN SALAD ITALIAN BREAD FRESH FRUIT	14. MEATLOAF W/GRAVY MASHED POTATOES MIXED VEGETABLES APPLE CAKE	15. CITRUS GINGER GRILLED CHICKEN JASMINERICE GREEN BEANS SUGAR FREE JELLO	16. STUFFED CABBAGE JASMINERICE STEAMED CARROTS SUGAR FREE PUDDING	17. BAKED FISH BAKED POTATOES MIXED VEGETABLES ANGEL FOOD CAKE W/BERRIES
20.  FATHER'S DAY CELEBRATION	21. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	22. BBQ CHICKEN PASTA SALAD POTATO SALAD ICE CREAM SANDWICHES	23. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD FRESH FRUIT	24. BAKED FISH JASMINERICE GREEN BEANS BIRTHDAY CAKE
27. CORN CHOWDER FINGER SANDWICHES GARDEN SALAD SUGAR FREE PUDDING	28. MEXICAN BEEF AND RICE CASSEROLE GARDEN SALAD PEACH CAKE	29. CHICKEN AND RICE CASSEROLE MIXED VEGETABLE SUGAR FREE JELLO	30.  4 <sup>th</sup> OF JULY CELEBRATION	

Lunch is served at 12 noon each day. *Please call 48 hours in advance to order your meal.* If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.